BREAK THE silence

Faith Rose
5K WALK/RUN
Pregnancy & Infant Loss Awareness

Walk or Run! Join us for the 10th Annual Faith Rose 5K on October 7, 2023!
Alexandria City Park, 118 City Park Road, Alexandria, MN

Schedule:

9:30 am   Registration/Packet Pick-Up
            Be sure to arrive early so that you have time to personalize your t-shirt.
            Enjoy coffee, hot cider, face painting, tattoos and more!
10:30 am   Impact in previous years, Testimony, Reading of babies' names & memorial flowers
11:00 am   Moment of silence followed by Youth Fun Run and 5K Run/Walk

Order a Poster for the Walk/Run Route - $10

Choose from 3 templates (choice on website) or you can create a personalized 8.5 x 11 page to have along the walk/run route. Include pictures, poems, birth-dates, and special sentiments in memory of a baby you wish to honor. Mail the poster with your registration form or email the poster by 9/15 to graphicsfaithrose5K@hotmail.com.

Register by Mail:
Send registration form with a check payable to:
Faith Rose 5K
912 Genes Road SE
Alexandria, MN 56308

Register Online at:
http://faithrose5k.wix.com/faithrose5k

Find us on Facebook!
www.facebook.com/faithrose5K

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Faith Rose 5K Walk/Run - Mail-in Registration Form

Name: _____   Phone: _____

Address: _____   DOB: ___ / ___ / ___

Email: _____Emergency Contact Name & Phone: _____

Baby you running in honor of: _____ (names will be read after moment of silence)

☐ 5 - 12 Years Old - $12 ($15 after September 5)   ☐ 13 & Older - $20 ($25 after September 5)

☐ Family Rate $50 ($55 after September 5) (Family Rate includes 2 Adults and any children under the age of 18. 4 shirts are included)

T-shirts are not guaranteed if registering after 9/5/23.

Shirt Size: Adult: ☐ S ☐ M ☐ L ☐ XL ☐ XXL   **Extra T-Shirt: Quantity** ____ @ $10 = _____
    ☐ 3XL ☐ 4XL   Sizes needed: _____

Child: ☐ XS ☐ S ☐ M ☐ L   _____

Waiver of Liability: In consideration of the foregoing, I, for myself, my executors, administrators, and assigns, do hereby release and discharge Faith Rose 5K and all sponsors and their representatives from all damages, demands, actions, and causes of action whatsoever, in any manner arising or growing out of participation in said run. I certify that I have run this distance or longer in practice regularly in weeks prior to the event. Parent/Guardian signature required for runners under the age of 18.

Signature: _____   Date: _____